

**Please delete the present Abstract of the Disclosure.**

**Please add the following new Abstract of the Disclosure:**

A method of producing an elastic plate for an ink jet recording head is provided. In one implementation, the method laminates and bonds a deformable metal plare or polymer film and a rolled metal plate. Also, the method etches the rolled metal plate based on a rolling direction of the rolled metal plate to form a through hole serving as an elastically deformable region.